



keep  the beat™
recipes

deliciously healthy family meals



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introduction

Do you feel challenged to serve your family healthy meals each day? Nutritious food doesn't have to be bland or take a long time to prepare. You can prepare healthy recipes that taste great—and that your children will love. *Keep the Beat™ Recipes: Deliciously Healthy Family Meals* dishes up all that and more. With kid-tested recipes, such as Southwestern Beef Roll-Ups, Hawaiian Huli Huli Chicken, and Mexican Lasagna, these meals are sure to be winners on your table.

Keep the Beat™ Recipes: Deliciously Healthy Family Meals contains more than 40 recipes that are quick, simple, and taste great. The recipes were created for the National Heart, Lung, and Blood Institute (NHLBI) by a Culinary Institute of America-trained chef/instructor and father of two. The cookbook features:

- Deliciously healthy entrees, side dishes, and snacks that appeal to both children and adults
- Recipes that are budget friendly, multicultural, and relatively quick and easy for busy families to make
- Symbols that help identify types of recipes, such as “leftover friendly”
- Tips to show children how to prepare recipes with the help of parents and caregivers

eat in good health

Eating healthfully and being physically active are two ways to help lower your risk and your children's risk of heart disease and other conditions. And it has been shown that eating and physical activity habits are formed early in life.

One way to eat a healthy diet is to choose a variety of foods. Variety matters, because no food has all of the nutrients that your heart and the rest of your body need. A healthy eating plan is one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free and low-fat milk and milk products
- Includes lean meat, poultry, fish, beans, eggs, and nuts
- Is low in saturated fat, *trans* fat, cholesterol, sodium, and added sugars

Also, think about what your family drinks. Choose water, fat-free or low-fat milk, and low- or no-calorie beverages as a substitute for regular, sweetened beverages. If you have a family member who is lactose intolerant, lactose-free fat-free and low-fat milk are good options.

The recipes in this cookbook were created to fit into your family's healthy eating plan. They use lean cuts of meat, poultry without the skin, fish, beans, whole grains, fruits, vegetables, and small amounts of vegetable oil—plus lots of herbs and spices for flavor. Most of all, these recipes offer a delicious way for your family to eat together.

growing healthy children

Keep the Beat™ Recipes: Deliciously Healthy Family Meals was developed jointly with the National Institutes of Health (NIH) **We Can!**® program. **We Can!** (Ways to Enhance Children's Activity & Nutrition) is a national education program designed to give parents, caregivers, and entire communities a way to help children stay at a healthy weight. The NIH and the NHLBI recognize that children's adoption of healthy food habits at a young age can help them maintain a healthy weight throughout life.

As parents, you can do a lot to help your children learn healthy eating habits and help them maintain a healthy weight. Research shows that introducing fruits, vegetables, whole grains, and other healthier foods in the early years increases the chance that children will like these foods. Involving children in cooking and meal preparation can motivate them to try new, healthy foods—and is a good way to spend time together as a family. The following tips can help you encourage and support your children's healthier food habits:

- Set a good example.
- Go food shopping together, and ask your children to choose healthier foods they want to try.
- Offer a variety of foods, particularly “GO foods” (foods lowest in calories and fat, and most “nutrient dense”; for more information, see page 91).
- Encourage children to try new foods from each food group.
- Offer the same foods to everyone in the family (don't be a “short order cook”).
- Help your children learn to recognize when they've had enough.

- Make mealtime family time.
- Make healthier food fun to help your child be excited to eat it.
- Provide fruits and vegetables for snacks.

For more information on each of these tips and other food and nutrition information for children, see “Hungry for More?” (Resources) on the inside back cover.

The appendixes in this cookbook also feature helpful resources on healthy cooking for busy families, including:

- Time-saving tips for busy families
- Guidance on how much children should eat daily
- Hints on getting your children involved in the kitchen
- Common cooking measurements and equivalents
- Frequently asked questions

Enjoy a Keep the Beat™ recipe with your family today, and eat in good health!

abbreviations

Recipes use the following abbreviations:

Ccup

lbpound

oz ounce

pkgpackage

ptpint

qt quart

Tbsptablespoon

tsp teaspoon

Nutrient lists use the following abbreviations:

ggram

mg milligram

guide to recipe symbols



Healthier Classics

Classic favorites that are made healthier by reducing fat, calories, and/or sodium. Healthier classics also could have more vegetables or whole grains added than original versions.



Leftover Friendly

Recipes that use leftover ingredients to help save cooking time.



Chefs in Training

Tips for getting children involved in meal preparation.



Healthy Eating Two Ways

Simple tips to serve a recipe two ways to please picky eaters and other family members.





main-dish meals

- **crunchy chicken fingers with tangy dipping sauce**
- **baked pork chops with apple cranberry sauce**
- **garden turkey meatloaf**
- **empañapita**
- **shepherd's pie**
- **make-your-own turkey burger**
- **baked eggrolls**
- **hawaiian huli huli chicken**
- **sweet-and-sour chicken**
- **"fried" rice and chicken**
- **asian-style chicken wraps**
- **mexican lasagna**





crunchy chicken fingers with tangy dipping sauce



try this family classic, made healthier with baked chicken and a yummy dipping sauce

For chicken:

- ½ tsp** reduced-sodium crab seasoning (or substitute ¼ tsp paprika and ¼ tsp garlic powder for a sodium-free alternative)
- ¼ tsp** ground black pepper
- 1 Tbsp** whole-wheat flour
- 12 oz** boneless, skinless, chicken breast, cut into 12 strips
- 2 Tbsp** fat-free (skim) milk
- 1** egg white (or substitute 2 Tbsp egg white substitute)
- 3 C** cornflake cereal, crushed

For sauce:

- ¼ C** ketchup
- ¼ C** 100 percent orange juice
- ¼ C** balsamic vinegar
- 2 Tbsp** honey
- 2 tsp** deli mustard
- 1 tsp** Worcestershire sauce

1. Preheat oven to 400 °F.
2. Mix crab seasoning, pepper, and flour in a bowl.
3. Add chicken strips, and toss well to coat evenly.
4. Combine milk and egg white in a separate bowl, and mix well. Pour over seasoned chicken, and toss well.
5. Place crushed cornflakes in a separate bowl. Dip each chicken strip into the cornflakes, and coat well. Place strips on a nonstick baking sheet. (Discard any leftover cornflake mixture.)
6. Bake chicken strips for 10–12 minutes (to a minimum internal temperature of 165 °F).
7. Meanwhile, prepare the sauce by combining all ingredients and mixing well.
8. Serve three chicken strips with ¼ cup dipping sauce.



Younger children can crush the cornflakes. Older children can dredge the chicken through the coating and mix the tangy sauce.



prep time:
10 minutes

cook time:
12 minutes

yield:
4 servings

serving size:
3 chicken strips, ¼ C sauce

each serving provides:

calories	248	carbohydrates	36 g
total fat	2 g	potassium	303 mg
saturated fat	1 g	vitamin A	4%
cholesterol	47 mg	vitamin C	16%
sodium	422 mg	calcium	6%
total fiber	1 g	iron	4%
protein	20 g		

Percent Daily Values are based on a 2,000 calorie diet.

baked pork chops with apple cranberry sauce

a wonderful fruit sauce adds the perfect touch to these pork chops—try serving with a side of brown rice and steamed broccoli

For pork chops:

- 4 boneless pork chops (about 3 oz each)
- ¼ tsp ground black pepper
- 1 medium orange, rinsed, for ¼ tsp zest (use a grater to take a thin layer of skin off the orange; save the orange for garnish)
- ½ Tbsp olive oil


For sauce:

- ¼ C low-sodium chicken broth
- 1 medium apple, peeled and grated (about 1 C) (use a grater to make thin layers of apple)
- ½ cinnamon stick (or ½ tsp ground cinnamon)
- 1 bay leaf
- ½ C dried cranberries (or substitute raisins)
- ½ C 100 percent orange juice

1. Preheat oven to 350 °F.
2. Season pork chops with pepper and orange zest.
3. In a large sauté pan, heat olive oil over medium heat. Add pork chops, and cook until browned on one side, about 2 minutes. Turn over and brown the second side, an additional 2 minutes. Remove pork chops from the pan, place them on a nonstick baking sheet, and put in the oven to cook for an additional 10 minutes (to a minimum internal temperature of 160 °F).
4. Add chicken broth to the sauté pan and stir to loosen the flavorful brown bits. Set aside for later.
5. Meanwhile, place grated apples, cinnamon stick, and bay leaf in a small saucepan. Cook over medium heat until the apples begin to soften.
6. Add cranberries, orange juice, and saved broth with flavorful brown bits. Bring to a boil, and then lower to a gentle simmer. Simmer for up to 10 minutes, or until the cranberries are plump and the apples are tender. Remove the cinnamon stick.
7. Peel the orange used for the zest, and cut it into eight sections for garnish.
8. Serve one pork chop with ¼ cup of sauce and two orange segments.



If your children would prefer it without the sauce on top, serve a plain pork chop with separate sides of unsweetened applesauce, dried cranberries, and orange segments.

	prep time: 10 minutes	yield: 4 servings	each serving provides:			
	cook time: 30 minutes					
		serving size: 1 pork chop, ¼ C sauce, 2 orange segments	calories	232	carbohydrates	25 g
			total fat	7 g	potassium	384 mg
			saturated fat	2 g	vitamin A	2%
			cholesterol	50 mg	vitamin C	60%
			sodium	42 mg	calcium	4%
			total fiber	2 g	iron	6%
			protein	18 g		
Percent Daily Values are based on a 2,000 calorie diet.						

garden turkey meatloaf



this classic family favorite is made healthier with lean ground turkey and colorful garden vegetables

For meatloaf:

- 2 C** assorted vegetables, chopped—such as mushrooms, zucchini, red bell peppers, or spinach (*Leftover Friendly*)
- 12 oz** 99 percent lean ground turkey
- ½ C** whole-wheat breadcrumbs (or substitute regular breadcrumbs)
- ¼ C** fat-free evaporated milk*
- ¼ tsp** ground black pepper
- 2 Tbsp** ketchup
- 1 Tbsp** fresh chives, rinsed, dried, and chopped (or 1 tsp dried)
- 1 Tbsp** fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)

Nonstick cooking spray

For glaze:

- 1 Tbsp** ketchup
- 1 Tbsp** honey
- 1 Tbsp** Dijon mustard

1. Preheat oven to 350 °F.
2. Steam or lightly sauté the assortment of vegetables.
3. Combine vegetables and the rest of the meatloaf ingredients in a large bowl. Mix well. Spray a loaf pan with cooking spray, and spread meatloaf mixture evenly in the pan.
4. Combine all ingredients for glaze. Brush glaze on top of the meatloaf.
5. Bake meatloaf in the oven for 45–50 minutes (to a minimum internal temperature of 165 °F).
6. Let stand for 5 minutes before cutting into eight even slices.
7. Serve two slices on each plate.

Tip: For picky eaters, try chopping vegetables in a food processor to make them smaller (and “hidden”).

* Evaporated milk can be kept tightly sealed in the refrigerator for up to 3 days. Search the Keep the Beat™: Deliciously Healthy Eating Web site (<http://hin.nhlbi.nih.gov/healthyeating>) for other recipes using evaporated milk.



If you don't have leftover cooked vegetables, see basic cooking instructions in appendix D (page 103).



prep time:
10 minutes

cook time:
50–55 minutes

yield:
4 servings

serving size:
2 slices meatloaf

each serving provides:

calories	180	carbohydrates	17 g
total fat	2 g	potassium	406 mg
saturated fat	0 g	vitamin A	50%
cholesterol	34 mg	vitamin C	15%
sodium	368 mg	calcium	10%
total fiber	2 g	iron	15%
protein	25 g		

Percent Daily Values are based on a 2,000 calorie diet.